



INTENTIONAL CONVERSATIONS FOR *Joyful Families*

“May the God of hope fill you with all joy and peace in faith so that you overflow with hope by the power of the Holy Spirit.” — Romans 15:13 (CEB)

Conversations about faith are important! Choose a time this week to talk about joy with your family and play a game. Don't worry about getting it all right—just have fun talking and playing together!

OVERFLOWING WITH JOY

THINK

Have you ever poured too much soda into a glass and watched it bubble over the top? Joy is like that. When we trust in God, God fills us with joy so much that it overflows! It's not just about being happy when life is easy; real joy comes from knowing that God is with us no matter what.

Sometimes, life is stressful. Maybe you're dealing with school pressure, complicated friendships, or even family struggles. When we focus on God's promises and trust God's love, God fills us with joy and peace. That joy doesn't stay inside us; it spills over to others! Have you ever met someone whose smile and kindness made your day better? That's what can happen when God's joy overflows through us.

So, how can you overflow with joy today? Having a mindset to receive and give joy through Christ can be life-changing.

DISCUSS

1. Who in your life spreads joy? What do they do that makes them joyful?
2. What are some ways you can bring joy to others this week?

Here are some answers to listen for: offer someone a hug or compliment, celebrate someone else's success, write someone a thank you note, invite a friend for a sleepover or to hang out.

PLAY

Joyful Charades: Think of different joyful actions, write those on slips of paper, and put them in a bowl. Take turns acting them out while the rest of the family guesses. Talk about how each action can bring joy to others.

Examples of joyful actions:

- jumping for joy
- celebrating a birthday
- spending time in nature
- dancing with friends
- giving a high five
- singing your favorite song
- playing your favorite sport
- eating your favorite meal
- opening a gift
- giving a hug
- laughing at a funny joke
- reaching a goal you've set

CLOSE WITH A PRAYER: Have each family member share one thing that brings them joy.



Follow d365.org for seven days of devotions about joy from April 28 to May 4, 2025, or search these dates on the website or app anytime.



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